

# Coping Skill:

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## 4-Square Breathing

**Directions:** This is a deep breathing technique that helps slow down your breathing by distracting your mind as you count to four. Slowing down your breathing also slows down how fast your heart is beating. A slower heart rate can help you feel calmer and more relaxed. In this technique, imagine that you are walking around a square. It takes you 4 seconds to walk along each side. As you imagine yourself walking along each side, you focus on slow deep breathing.

- FOR EXAMPLE:**
- 1<sup>st</sup> side you walk by: Take one deep breath over 4 seconds.
  - 2<sup>nd</sup> side you walk by: Hold your breath for 4 seconds.
  - 3<sup>rd</sup> side you walk by: Breathe out over 4 seconds.
  - 4<sup>th</sup> side you walk by: Take a break and repeat 3 more time.

